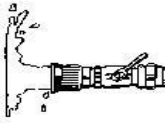


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

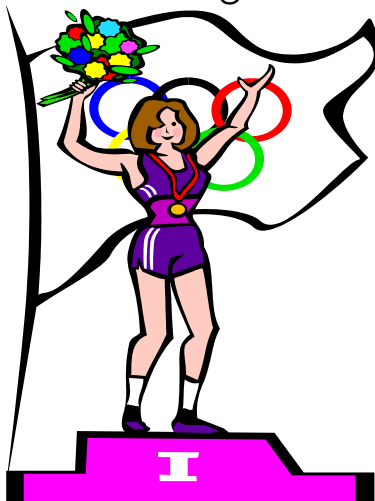
Survive



Principles of Success: Be Your Best

We cannot always know
where roads will lead us, or
know what we will find at
journey's end,
But if along the way we give
our best to every day,
We'll discover some new joy
around each bend.

Margaret Lehman



Everyday fire fighters are challenged to perform at their best. After difficult calls each fire fighter must look at themselves in the mirror and answer the question, "Could I of done something better that may of made a difference?" This type of internal dialogue is a great tool for self-assessment and investigation of new ideas that may allow them to get better. This poem expresses the power of the "Person in the Glass".

The Person in the Glass

When you've reached your goal in the
world of sports and worked the big
game that day,
Just go to the mirror and look at yourself
and see what the person has to say.
For it isn't your family or coaches or friends
upon whose judgment you must pass.
The one that counts for the rest of your life
is staring at you from the glass.
You may fool all the world down the
avenue of years and get pats on the
back as you pass;
But your only reward will be remorse and
regret if you've cheated the person in
the glass.

